

# Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: ZCM

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandenberg Sandra

Coaches: Peeters Steven HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 2: 50M BUTTERFLY MIXED 10-9     |           | Heat:2, starttime: 08:56           |
|-----------------------------------------------|-----------|------------------------------------|
| Heat: 2/3 Lane : 2 Athlete: COOLEN ANN-SOPHIE |           | Q-time: 99:99:99                   |
| PB (50m pool): no time                        |           | PB (25m pool): no time SB: no time |
|                                               | 5 0 M     |                                    |
| PB                                            | no time   |                                    |
|                                               | no time   |                                    |
|                                               | . . . . . |                                    |

Coach feedback:

| Event number: 3: 50M BUTTERFLY MEN 11+      |           | Heat:3, starttime: 09:02            |
|---------------------------------------------|-----------|-------------------------------------|
| Heat: 3/11 Lane : 5 Athlete: PEETERS JOCHEN |           | Q-time: 00:47:24                    |
| PB (50m pool): 00:47.24 Antwerp 02/02/2025  |           | PB (25m pool): 00:48.78 SB: no time |
|                                             | 5 0 M     |                                     |
| PB                                          | 00:47.24  |                                     |
|                                             | 00:47.24  |                                     |
|                                             | . . . . . |                                     |

Coach feedback:

| Event number: 3: 50M BUTTERFLY MEN 11+    |           | Heat:7, starttime: 09:07                            |
|-------------------------------------------|-----------|-----------------------------------------------------|
| Heat: 7/11 Lane : 5 Athlete: CROMMEN WOUT |           | Q-time: 00:33:94                                    |
| PB (50m pool): 00:33.94 Genk 01/02/2026   |           | PB (25m pool): no time SB: 00:33.94 Genk 01/02/2026 |
|                                           | 5 0 M     |                                                     |
| PB                                        | 00:33.94  |                                                     |
|                                           | 00:33.94  |                                                     |
|                                           | . . . . . |                                                     |

Coach feedback:

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| Event number: 4: 50M BUTTERFLY WOMEN 11+       |           |  | Heat:3, starttime: 09:16            |
|------------------------------------------------|-----------|--|-------------------------------------|
| Heat: 3/12 Lane : 6 Athlete: DRIJKONINGEN LIEN |           |  | Q-time: 00:55:41                    |
| PB (50m pool): 00:55.41 Wezenberg 05/01/2025   |           |  | PB (25m pool): 00:51.33 SB: no time |
|                                                | 5 0 M     |  |                                     |
| PB                                             | 00:55.41  |  |                                     |
|                                                | 00:55.41  |  |                                     |
|                                                | . . . . . |  |                                     |

Coach feedback:

| Event number: 4: 50M BUTTERFLY WOMEN 11+      |           |  | Heat:4, starttime: 09:17                             |
|-----------------------------------------------|-----------|--|------------------------------------------------------|
| Heat: 4/12 Lane : 6 Athlete: COOLEN HANNELORE |           |  | Q-time: 00:45:94                                     |
| PB (50m pool): 00:45.94 Genk 01/02/2026       |           |  | PB (25m pool): 00:46.30 SB: 00:45.94 Genk 01/02/2026 |
|                                               | 5 0 M     |  |                                                      |
| PB                                            | 00:45.94  |  |                                                      |
|                                               | 00:45.94  |  |                                                      |
|                                               | . . . . . |  |                                                      |

Coach feedback:

| Event number: 5: 100M BUTTERFLY MEN 11+   |           |           | Heat:2, starttime: 09:30            |
|-------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/6 Lane : 2 Athlete: JANSSEN DRIES |           |           | Q-time: 01:51:89                    |
| PB (50m pool): 01:51.89 Mol 22/06/2025    |           |           | PB (25m pool): 01:43.75 SB: no time |
|                                           | 5 0 M     | 1 0 0 M   |                                     |
| PB                                        | 00:48.28  | 01:51.89  |                                     |
|                                           | 00:48.28  | 01:03.61  |                                     |
|                                           | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 5: 100M BUTTERFLY MEN 11+       |           |           | Heat:4, starttime: 09:35                             |
|-----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/6 Lane : 6 Athlete: DRIJKONINGEN RUBE |           |           | Q-time: 01:14:49                                     |
| PB (50m pool): 01:14.49 Genk 01/02/2026       |           |           | PB (25m pool): 01:13.82 SB: 01:14.49 Genk 01/02/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                            | 00:33.22  | 01:14.49  |                                                      |
|                                               | 00:33.22  | 00:41.27  |                                                      |
|                                               | . . . . . | . . . . . |                                                      |

Coach feedback:

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| Event number: 7: 100M BACKSTROKE MIXED 10-9                |         |         | Heat:2, starttime: 09:56 |
|------------------------------------------------------------|---------|---------|--------------------------|
| Heat: 2/3 Lane : 5 Athlete: COOLEN ANN-SOPHIE              |         |         | Q-time: 01:48:84         |
| PB (50m pool): no time PB (25m pool): 01:48.84 SB: no time |         |         |                          |
|                                                            | 5 0 M   | 1 0 0 M |                          |
| PB                                                         | no time | no time |                          |
|                                                            | no time |         |                          |
|                                                            | .....   | .....   |                          |

Coach feedback:

| Event number: 8: 50M BACKSTROKE MEN 11+                                    |          |  | Heat:2, starttime: 10:04 |
|----------------------------------------------------------------------------|----------|--|--------------------------|
| Heat: 2/7 Lane : 5 Athlete: PEETERS JOCHEN                                 |          |  | Q-time: 00:49:70         |
| PB (50m pool): 00:49.70 MoI 22/06/2025 PB (25m pool): 00:44.87 SB: no time |          |  |                          |
|                                                                            | 5 0 M    |  |                          |
| PB                                                                         | 00:49.70 |  |                          |
|                                                                            | 00:49.70 |  |                          |
|                                                                            | .....    |  |                          |

Coach feedback:

| Event number: 8: 50M BACKSTROKE MEN 11+                                    |          |  | Heat:4, starttime: 10:08 |
|----------------------------------------------------------------------------|----------|--|--------------------------|
| Heat: 4/7 Lane : 3 Athlete: CROMMEN WOUT                                   |          |  | Q-time: 00:36:33         |
| PB (50m pool): 00:39.01 MoI 23/06/2024 PB (25m pool): 00:36.33 SB: no time |          |  |                          |
|                                                                            | 5 0 M    |  |                          |
| PB                                                                         | 00:39.01 |  |                          |
|                                                                            | 00:39.01 |  |                          |
|                                                                            | .....    |  |                          |

Coach feedback:

| Event number: 9: 50M BACKSTROKE WOMEN 11+                                  |          |  | Heat:1, starttime: 10:14 |
|----------------------------------------------------------------------------|----------|--|--------------------------|
| Heat: 1/8 Lane : 4 Athlete: DRIJKONINGEN LIEN                              |          |  | Q-time: 00:56:90         |
| PB (50m pool): 00:54.66 MoI 23/06/2024 PB (25m pool): 00:46.26 SB: no time |          |  |                          |
|                                                                            | 5 0 M    |  |                          |
| PB                                                                         | 00:54.66 |  |                          |
|                                                                            | 00:54.66 |  |                          |
|                                                                            | .....    |  |                          |

Coach feedback:

# Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: ZCM

| Event number: 9: 50M BACKSTROKE WOMEN 11+    |           | Heat:2, starttime: 10:16            |
|----------------------------------------------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 2 Athlete: COOLEN HANNELORE |           | Q-time: 00:49:48                    |
| PB (50m pool): 00:49.48 Mol 22/06/2025       |           | PB (25m pool): 00:42.40 SB: no time |
|                                              | 5 0 M     |                                     |
| PB                                           | 00:49.48  |                                     |
|                                              | 00:49.48  |                                     |
|                                              | . . . . . |                                     |

Coach feedback:

| Event number: 10: 100M BACKSTROKE MEN 11+           |           | Heat:4, starttime: 10:47                                         |
|-----------------------------------------------------|-----------|------------------------------------------------------------------|
| Heat: 4/10 Lane : 5 Athlete: JANSSEN DRIES          |           | Q-time: 01:29:40                                                 |
| PB (50m pool): 01:29.40 SportinGenk Park 11/11/2025 |           | PB (25m pool): 01:26.16 SB: 01:29.40 SportinGenk Park 11/11/2025 |
|                                                     | 5 0 M     | 1 0 0 M                                                          |
| PB                                                  | no time   | 01:29.40                                                         |
|                                                     | no time   |                                                                  |
|                                                     | . . . . . | . . . . .                                                        |

Coach feedback:

| Event number: 10: 100M BACKSTROKE MEN 11+      |           | Heat:8, starttime: 10:56            |
|------------------------------------------------|-----------|-------------------------------------|
| Heat: 8/10 Lane : 5 Athlete: DRIJKONINGEN RUBE |           | Q-time: 01:14:76                    |
| PB (50m pool): 01:14.76 Mol 22/06/2025         |           | PB (25m pool): 01:10.36 SB: no time |
|                                                | 5 0 M     | 1 0 0 M                             |
| PB                                             | 00:35.96  | 01:14.76                            |
|                                                | 00:35.96  | 00:38.80                            |
|                                                | . . . . . | . . . . .                           |

Coach feedback: